

# March Produce Guide

March is a great month for in season fruits and vegetables. Some of those include:

- Artichokes
- Broccoli
- Brussel sprouts
- Cauliflower
- Leeks
- Lettuce
- Mushrooms
- Parsnips
- Pineapple
- Radish
- Turnips



## Broccoli Casserole

Makes 4 servings. Cook time: 15-20 minutes.

- 2 packages frozen chopped broccoli
- 1 can condensed cream of mushroom soup
- 1 cup cheddar cheese
- 1 tablespoon lemon juice
- 1 egg
- ½ cup light mayonnaise
- ½ yellow onion, grated
- ¾ cup dry stuffing mix
- 2 tablespoons melted butter

## Instructions:

- 1) Preheat oven to 400 F.
- 2) Cook broccoli in microwave, about half the time called for on the package. Place broccoli in colander to drain.
- 3) In a small saucepan over low heat, stir together condensed soup, cheese, and lemon juice until cheese melts
- 4) In a separate bowl, whisk together egg, mayonnaise, and grated onion. Combine broccoli, soup mixture, and egg mixture, Transfer to prepared baking dish.
- 5) In a small bowl, stir together dry stuff mix and melted butter. Sprinkle on top of the casserole.
- 6) Bake for 15-20 minutes and serve hot.